

Root Vegetables: A to Z

Tuber	Colour & flavour	Fun facts	Benefits
Beets	<ul style="list-style-type: none"> ▪Garnet-red globes ▪Edible leafy green tops ▪Sweet, earthy flavour 	<ul style="list-style-type: none"> ▪Other varieties include Swiss chard and sugar beets 	<ul style="list-style-type: none"> ▪Vitamin A ▪Vitamin B ▪Vitamin C ▪Potassium ▪Iron
Carrots	<ul style="list-style-type: none"> ▪Orange ▪Sweetest when young and slender 	<ul style="list-style-type: none"> ▪Member of the parsley family 	<ul style="list-style-type: none"> ▪Vitamin A
Celeriac	<ul style="list-style-type: none"> ▪White-ish brown ▪Knobby shape ▪Hints of celery and parsley flavour 	<ul style="list-style-type: none"> ▪Also known as celery root ▪Can be eaten raw or cooked 	<ul style="list-style-type: none"> ▪Vitamin C
Jicama	<ul style="list-style-type: none"> ▪Thick brown skin and white crunchy flesh ▪Nutty, sweet flavour 	<ul style="list-style-type: none"> ▪Also known as a Mexican potato ▪Great raw or cooked 	<ul style="list-style-type: none"> ▪Vitamin C ▪Potassium
Parsnips	<ul style="list-style-type: none"> ▪Creamy flesh ▪Mild, sweet flavour 	<ul style="list-style-type: none"> ▪Used more for flavour than for nutritional content 	<ul style="list-style-type: none"> ▪Iron ▪Vitamin C
Potatoes	<ul style="list-style-type: none"> ▪Skin varies from light to deep brown, to russet ▪Flesh from snow white to buttery yellow 	Varieties include: <ul style="list-style-type: none"> ▪ russet ▪ long white ▪ fingerling ▪ round white ▪ round red ▪ Yukon gold ▪ All Blue ▪ new potato 	<ul style="list-style-type: none"> ▪Vitamin C
Radishes	<ul style="list-style-type: none"> ▪Red or black skin ▪White flesh ▪Crisp and peppery flavour ▪Mild, sweet flavour 	<ul style="list-style-type: none"> ▪From the mustard family ▪Best eaten raw 	<ul style="list-style-type: none"> ▪Potassium ▪Vitamin A
Rutabaga	<ul style="list-style-type: none"> ▪Skin is purplish at the top of its globe ▪Flesh is creamy yellow ▪Larger than the turnip 	<ul style="list-style-type: none"> ▪Also known as a Swede ▪Cross of a cabbage and a turnip 	<ul style="list-style-type: none"> ▪Vitamin A ▪Vitamin C
Salsify	<ul style="list-style-type: none"> ▪Delicate flavour similar to artichokes with a touch of coconut ▪Reminiscent of oysters 	<ul style="list-style-type: none"> ▪Also known as an oyster plant ▪Eaten as a vegetable ▪Add to soups and savoury pies 	
Sunchoke	<ul style="list-style-type: none"> ▪Brown-skinned ▪Nutty and sweet ▪Crunchy texture 	<ul style="list-style-type: none"> ▪Also known as Jerusalem artichoke 	<ul style="list-style-type: none"> ▪Iron
Sweet potatoes	<ul style="list-style-type: none"> ▪Shades of orange ▪The darker variety has a sweet, moist flesh when cooked 	<ul style="list-style-type: none"> ▪Akin to potatoes, can be prepared in as many ways 	<ul style="list-style-type: none"> ▪Vitamin A ▪Vitamin C
Taro root	<ul style="list-style-type: none"> ▪Soft brown with white flesh ▪Nutty flavour 	<ul style="list-style-type: none"> ▪Also known as a dasheen ▪Its greens can be prepared like turnip or mustard greens 	
Turnips	<ul style="list-style-type: none"> ▪Skin is purplish at the top of its globe ▪Flesh is creamy ▪Sweet, delicate when young; woodier when older 	<ul style="list-style-type: none"> ▪Cousin to the rutabaga, but smaller and less dense ▪"Turnip greens" are popular 	<ul style="list-style-type: none"> ▪Vitamin C
Yuca	<ul style="list-style-type: none"> ▪White, firm flesh ▪Long, tapered root ▪Sweet flavour ▪Crisp and starchy texture 	<ul style="list-style-type: none"> ▪Also known as a cassava 	<ul style="list-style-type: none"> ▪Vitamin C ▪Iron